

**IN THE UNITED STATES
PATENT AND TRADEMARK OFFICE**

TITLE:

BOYANCY RESISTANCE EXERCISE SYSTEM

INVENTOR:

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FIELD OF THE INVENTION

4 [0001] Exercise systems, more specifically an exercise system using the buoyancy of a submerged
5 boyant element as resistance for an "in water" exercise.

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BACKGROUND OF THE INVENTION

8 [0002] Proper exercise is necessary to maintain good health and for proper rehabilitation from injury.

9 There are many forms of exercise, each with their own advantages and disadvantages. One
10 disadvantage to traditional forms of exercise such as free weight lifting is the tremendous stress
11 which it concentrates on the joints and bones of the user. For the elderly or infirm, focusing pressure
12 on the joints may be debilitating. Often, in such cases, a water borne exercise such as swimming is
13 beneficial. When one is at least partially underwater they enjoy the natural buoyancy of the body.
14 Furthermore, exercise underwater, at least partially, will release stress on the participants joints.

15 [0003] Applicant provides a novel system, including a multiplicity of elements, which will include
16 boyant elements to function, when submerged, as resistance to a user at least partially submerged in
17 water.

18 [0004] Applicant's system provides the advantages of underwater exercise with the advantages of
19 a free weight system. That is, Applicant's provide the ability to configure an exercise element to
20 conform to the shape and resistance desired by the underwater exercise participant in much the same
21 way as the traditional land borne free weight lifter will remove and change elements, such as a plate,
22 from a mounting system, such as a dumbbell or barbell in order to afford greater or less resistance.

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4 *a3* **SUMMARY OF THE INVENTION**

5 [0005] A device for exercising when partially submerged in water. The device includes a dumbbell
6 shaped floatation member for providing boyant resistance once submerged underwater. This
7 dumbbell shaped member can accept extensions on either end thereof. A second dumbbell member
8 and a second pair of extensions is provided. A third component of the boyancy system is a boyancy
9 member that would engage both dumbbell shaped members to provide for a barbell shaped device
10 for submerging underwater and providing boyant resistance for the user to work against. The pairs
11 of extension may be threadably engaged to either end of the barbell member.

12 *Sub*
13 *a4* **BRIEF DESCRIPTION OF THE DRAWINGS**

14 Fig. 1 is an exploded view of elements of Applicant's boyancy system.

15 Fig. 1A is an exploded elevational view of a dumbbell of Applicant's boyancy system with a pair
16 of extension members for threadable engagement to the removed ends thereof.

17 Fig. 2 is a cutaway elevational view of extension members of Applicant's present invention showing
18 how two elements of the invention, here for example, two extension members, may threadably
19 engage one another.

20 Fig. 3 is elevational end view of a dumbbell of Applicant's present invention.

21 Fig. 3A is an exploded view showing how some of the components of Applicant's present are
22 dimensioned to fit together for shipment and storage.

Fig. 4 is an isometric view with ghosted lines showing the central channels through the center of a
dumbbell for engagement with a mounting member.

1 Fig. 4A is an isometric view of an embodiment of Applicant's dumbbell joinder element.

2 Fig. 5A, 5B, and 5C illustrate the use of a third dumbbell as a dumbbell joinder element and three
3 of a number of combinations of dumbbells and extensions and joinder elements that may be used to
4 engage one another to form a barbell.

5 Fig. 6A, 6B, and 6C illustrate a method of using both the dumbbells and the barbells of Applicant's
6 present invention for arm exercises while partially submerged in water.

7 ^{Sub} ^{a5} Fig. 7 is a videotape including instructions for putting together and using components of Applicant's
8 boyancy system.

9 10 **DETAILED DESCRIPTION OF THE PREFERRED EMBODIMENT**

11 ^{Sub} ^{a6} [0006] With reference to the figures it is noted that Applicant's provide a boyancy resistance
12 exercise system (10) for providing resistance to an at least partially submerged or water borne user.
13 Applicant's system is typically comprised of at least two (2) primary components: boyant elements
14 (12) and boyant element mounting members (14).

15 ^{Sub} ^{a7} [0007] Boyant elements (12) are comprised of a material that has a specific gravity of less than one.
16 Such a material will float on water. One such material is ETHAFOAM®, a foamed plastic available
17 from Don Chemical. In floating on the surface of the water material comprising a boyant element
18 will displace a mass of water equal to the weight of the element. Force must be applied externally
19 to submerge the element in the water. Further, a downward force must be applied to maintain the
20 boyant element underwater. The force required to maintain the boyant element underwater is equal
21 to the weight of the mass of the water displaced in submerging the floating element. Therefore, for

1 any given material the greater its volume the greater the boyancy force (force urging the submerged
2 boyant element towards the surface of the water).

3 [0008] Turning again to the figures it is noted that boyant elements (12) may be dimensioned and
4 shaped to accept a boyant element mounting member (14), such as a cylindrical PVC pipe consisting
5 of multiple threadable engagement portions thereon.

6 Sub Q8 } [0009] Applicant's boyancy resistance system is seen in Fig. 1 to have boyant elements (12), some
7 defined or shaped to mimic dumbbells (16) that is, to have traditional enlarged dumbbell end masses
8 (16A) joined by cross members (16B) for grasping with ones hand there between. Here, for example
9 dumbbell (16) may be made from boyant element (12) such as foam or other lightweight floatable
10 material that is shaped to have an extension or cross member (16B) between two (2) removed end
11 portions, the extension having a length and diameter for easy grasping.

12 Sub Q9 } [0010] A dumbbell, for example, may be grasped about the cross member (16B) while floating in
13 water. The user may then force it underwater and work against the boyancy force created by the
14 submergence in doing a number of exercise motions such as curls, leg lifts, rowing motion, paddling
15 motion, reverse curls etc. (See Fig. 6A and 6B)

16 Sub Q10 } [0011] Applicant's dumbbell and other boyant elements typically has an elongated central channel
17 (16C), coincident with the longitudinal axis defined therein for snug receipt of boyant element
18 mounting member (14), such as a length of PVC pipe, therein. Further, it is seen with reference to
19 the figures that Applicant's boyancy resistance system (10) may include one or more extension
20 members (18) which extension members also comprise boyant element mounting members (14) as
21 part thereof and which may include threaded engagement portions 14A (male and female) to
22 threadable engage portions of the dumbbell or other elements of the resistance system (See Fig. 2).

1 The boyant elements mounting member (14) may be threaded PVC pipe, and any of the separate
2 elements of the system may include the pipe or mounting member centrally located on a longitudinal
3 axis thereof adhesively joined to shaped longitudinal cavity therethrough, with ends for threadable
4 engagement to either the dumbbell or dumbbell joinder element (20).

5 *Sub* [0012] With referenced to Figs. 1, 5A, 5B and 5C, It is seen now that Applicant's system includes
6 dumbbells (16) with extensions (18) threadable or otherwise removably attachable thereto which
7 dumbbells may be used separately and apart from other elements of Applicant's resistance system.
8 However, the dumbbells may be joined together through a dumbbell joinder element (20) (See Fig.
9 1) which, like the other elements of the system, is comprised at least partially of a boyant material
10 that will float and therefor provide a boyancy force resistance to the user as well as boyant elements
11 mounting member (14) thereon. Also, a third dumbbell may function to join to other dumbbells (See
12 Figs. 5A-C). In Fig. 1 the dumbbell joinder element is seen to have boyancy element mounting
13 member extending from paired opposed faces thereof for threadable joining the two (2) dumbbells
14 to create a barbell (19). The barbell, here created by at least the joinder of dumbbells (16), one on
15 either side of the dumbbell joinder element (20) may be grasped by the user by the placement of
16 hands on the cross members (16B) of each of the two (2) dumbbells and used in barbell fashion for
17 underwater exercise.

18 *Sub* [0013] It is seen also that Applicant's system may increase the underwater resistance created by the
19 boyancy force with the addition of one or more extensions (18) to the ends of the barbell (19) created
20 by the joinder of the two (2) dumbbells to the dumbbell joinder element (20). Also, the extensions
21 may be placed between the centrally located joinder element and the two dumbbells so as to advst
22 the width between the barbell users hands. It can be seen that Applicant's system allows the user

1 to perform a variety of dumbbell or barbell exercises and to modify the boyancy force resistance
2 created by the dumbbell or barbells by the appropriate addition of extensions.

3 [0014] Furthermore, it is seen that such a system is compact (See Fig. 3A). More specifically note
4 that the width of the dumbbell joinder element may be just slightly less than the distance between
5 the inner faces of the dumbbell end masses (16A). Furthermore, extensions (18) may be paired
6 together such that the combined width of two will fit snugly within the aforementioned distance
7 between the inner faces of each of the dumbbells so as to provide compact shipment and storage of
8 the system.

9 [0015] Note in Fig. 1 and Fig. 4A that dumbbell joinder element (20) may contain walls defining
10 a cutout central section (20A). In such an optional preferred embodiment of dumbbell joinder
11 element (20) such walls provide for the easy receipt of the foot portion of the user so as to convert
12 this dumbbell joinder element (20) into a separate element for exercising the lower extremities of
13 the users body. Dumbbell joinder element, however, may take any shape so long as is central
14 between the dumbbell so as to located them.

15 [0016] Thus, we have seen that Applicant provides in a boyancy resistance system the following:

- 16 1. At least a pair of dumbbells that may be used separately.
- 17 2. Dumbbells joinable with a dumbbell joinder element to convert the system into a
18 single barbell utilizing two (2) dumbbells.
- 19 3. Dumbbells with the capability of adding on extensions for increase boyancy
20 resistance.
- 21 4. A barbell capable of receiving extensions for increase for boyancy resistance.
- 22 5. A foot or leg engaging element for boyancy resistance to exercise legs.

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2 [0017] Fig. 6A through 6C illustrate a user enjoining the benefits of Applicant's system, partially
3 submerged in water. Here it is seen that either the dumbbells alone or joined to form a barbell (See
4 Fig. 6C) may be moved underwater such that a component of the motion is downward (for
5 movement against the resisting buoyancy force). Applicant's also provide a videotape illustrated here
6 in Fig. 7, to provide instructions for assembly of the components of Applicant's system and also to
provide examples of various exercises that may be done utilizing Applicant's novel system.

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7 [0018] While Applicant's system above has been illustrated using floatation elements having a
8 mounting member, such as PVC pipe, it is also anticipated that Applicant's novel system may
9 included elements molded with joiner elements integral therein. For example, a hard plastic
10 waterproof shell may be molded with the air captured inside the shell to provide the buoyancy and
11 with the shell including threaded male and/or female engagements extending from the outer faces
12 thereof.

13 [0019] Although the invention has been described with reference to specific embodiments, this
14 description is not meant to be construed in a limited sense. Various modifications of the disclosed
15 embodiments, as well as alternative embodiments of the inventions will become apparent to persons
16 skilled in the art upon the reference to the description of the invention. It is, therefore, contemplated
17 that the appended claims will cover such modifications that fall within the scope of the invention.
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